



Happiness

by Christian Bjornskov

DESCRIPTION:

This man has found happiness. His, yours, and mine. Unlike the rest of us, Christian Bjornskov, happiness researcher at Aarhus University, knows what we mean when we talk about being happy. There is the fleeting kind - like when our team wins, for once. The crucial long-term kind. The kind we find with that special someone or feel when reality surpasses our expectations - until we raise the bar, again. There is even the kind of happiness money can buy, provided we spend it on or with other people. Except our children, who don't really make us happy until they move out.

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